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NOVEMBER 1978 VOLUME VII, No. 11

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Presenting *The Living Light* philosophy and
features of interest to spiritually-minded people.

 **Serenity**

 **Sentinel**

VOLUME VII, No. 11

NOVEMBER 1978

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New Attitudes

and

New Experiences

by Richard P. Goodwin

In speaking with you today on *New Attitudes and New Experiences*, in accepting the demonstrable law of personal responsibility, then we can understand that we always in life get what we really want. When we hear that truth, our mind rises up to contradict it and to deny it, because we have yet to spend the time in honest self-analysis and thought that we may awaken to that demonstrable truth that our desires are in a constant process of change. The desires of yesteryear, many of them are no longer the desires of today.

We establish these laws in life, as man is a law unto himself, so whatever that we per-

mit our minds to entertain, we establish the law and must follow it until we make the changes within ourself. So when we say that we always get what we really want in life, as we look at our lives, we see that indeed is very true. It does not mean that we already have what we wanted for so long but we are in the very

*... whatever we permit our
minds to entertain, we
establish the law and must
follow it until we make the
changes within ourself.*

process of attaining it. It is the necessary things for us in life that we have set into motion that we must grow through,

NEW ATTITUDES AND NEW EXPERIENCES

for having so many desires, they are not all harmonious with each other.

And so a wise man early learns in his life to choose wisely his goal. For everything that is necessary for us to attain the things that we choose and desire, we already have. We have been given by the very laws of our own evolution all of the things we could possibly desire. But we must remember that life and all of its experiences is dependent upon our attitude of mind. What is it that causes us to think that some people in life we like and some we do not, when the truth is that everyone in life we love. This seeming contradiction in our mind is ever dependent upon our attitude of the moment. And so we find ourself in our communication with people, one moment we think we like them and the next moment we think we do not like them. When in truth we love them all the time, for each of us loves ourself.

Now if that was not true, we would not be expressing on this planet the way that we are. For without love, which is the Intelligent Divine Energy known by man as God, nothing would exist, nor would there be any experiences to encounter. It is when people

that we view from a different attitude are not harmonious with our expectations and with our judgments concerning how they should think and act, that is when we make the judgment within ourself that we do not like that person anymore. That is not where the change shall take place. The change, my friends, takes place in our own mind. Everything that we experience in life is going on within ourself. Because we have yet to fully accept the law of personal responsibility, we are deluded by the belief that the experience is taking place outside.

Everything that we experience in life is going on within ourself. Because we have yet to fully accept the law of personal responsibility, we are deluded by the belief that the experience is taking place outside.

Nothing, my friends, takes place outside. Everything for us takes place within us. These heavens and these hells are the effects of our own attitude of mind. They do not change by some magic wand or a spontaneous change of thought. They are dependent upon our own effort. If we do not find here on this earth that offers us all of the opportunity that

(continued page 5)

Hassein continues his explanation of the astral forms.

A WANDERER *in the* SPIRIT LANDS

by Franchezzo

CHAPTER XVII.

THE ASTRAL PLANE AND ITS INHABITANTS— SPOOKS, ELVES, VAMPIRES, ETC.

Continued from last issue—

These astrals being, as I have said, created from the cloud masses of human atoms, and never having been the envelope of any soul, are very little more permanent in their nature than the frost flowers on a window pane, unless the power of some higher intelligence acts upon them to intensify their vitality and prolong their existence. They are, as you will see, expressionless and like wax dolls in appearance, and readily lend themselves to receive any individuality stamped upon them, hence their use in ancient times by magicians and others. Astral atoms, whether of trees, plants, animals, or human beings, must not be confounded with the true spirit or soul-clothing atoms which constitute the

real spirit world and its inhabitants. Astrals of every kind are the intermediate degree of materiality between the gross matter of earth and the more etherealized matter of the spirit world, and we talk of a soul clothed in its astral envelope to express that earth-bound condition in which it is too refined or immaterial for earth existence, and too grossly clad to ascend into the spirit world of the higher spheres, or to descend to those of the lower."

"Then you mean that a spirit even in the lowest sphere is more spiritualized as regards its body than an earth-bound spirit?"

"Certainly I do. The astral plane extends like a belt around each planet and is formed of the matter which is too fine for reabsorption by

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NEW ATTITUDES AND NEW EXPERIENCES

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is necessary for us to reach these heavenly states of consciousness, then we will not find those heavenly states of consciousness hereafter.

The word *hereafter* is such an important word because so few people truly understand what it means. To most of us

... hereafter means exactly what it says—here, after we leave a physical body.

hereafter means some dimension somewhere out in space, not related to the earth mundane world. But hereafter means exactly what it says—*here*, after we leave a physical body. For the mind, composed of mental substance, is not subject to the physical laws of this the earth planet. And so that that is important to us and that that we find filling our minds each day with is what exists in our mental body. And that is the body that we express through when we leave this physical body. It does not change because of the transition from this physical world. It remains the same the moment after that it was the moment before. So let us in this life find the peace, and the heaven, the happiness, the abundance, and the goodness that is waiting

for us to experience.

We have this so-called magic key in our hands this moment. It is dependent, if we are willing, to turn that key in the door of reason. We can change our attitude in this moment by changing our thought, by becoming aware of that that controls us, the attitudes and patterns of mind of yesterday, by first becoming aware that we are, through our own errors of ignorance, we are the victims of those patterns of mind. By first becoming aware, we start on the first step to control them through a daily effort of disciplining our own mind. When we awaken in the morning, when we become consciously aware of this mundane earthly

We can change our attitude in this moment by changing our thought, by becoming aware of that that controls us.

world, we have a choice, we have that golden opportunity to choose which direction we will take for the day. We can choose to make it the most important day of our life. We can choose to be objective and not become emotionally involved in the various acts and activities and attitudes of others or we can swim in that

(continued page 7)

Visitors' Views

"I completely enjoyed the service today. I wish to thank all of the people who make this meeting possible. Also thank you for the love, and positive energy around." A.

* * * * *

"This was my first visit and I enjoyed it very much. I sincerely believe in the philosophy of Serenity." L. A.

* * * * *

"The healing service was particularly calming. I felt a sensitivity on the part of the healer to my timidity. The singing was also lightening. The presentation of the philosophy was clear and directed." H.

* * * * *

"It was a straight forward presentation, with the information imparted in such a manner that many levels are sought out and reached." MJH

"I found the service quite inspiring and excellent food for the soul. It was my first experience with a spiritual church and I enjoyed it very much." JDM

* * * * *

I walked into my first service here and felt that I've always belonged. It feels very right to me, and I'm grateful to have experienced my image of a meaningful service on the physical plane." K. H.

* * * * *

"Felt the truth and love in the words spoken. Truly appreciated the service and healing." C.

* * * * *

"I feel a great deal of peace and excitement coming here. The moment as well as the future are very bright. I will be here often." S.

NEW ATTITUDES AND NEW EXPERIENCES

continued from page 5

tide of duality and contradiction, in that tide of discord. But we alone make that choice when we awaken. Let us awaken, not only in the morning of our daily life, let us awaken in each and every moment of our life. To keep faith with reason is an absolute, demonstrable guarantee of the transfiguration of our life in this the eternal moment. This, my good friends, is your eternity. The moment of which you are consciously aware is your eternal life. Yesterday has passed and tomorrow is yet to be. Grasp hold of the power of the universe in this moment of which you are consciously aware. For wherever you go and whatever you do you will always be at home with you. So unless you make the effort to be a good friend to yourself, then you cannot experience a friendly world, or friendly experiences in life.

When we accept our Divine birthright, which is the right of choice, and we use that right wisely for our own good, then we become the living demonstration and qualified to share that good with another. But if you are not good to yourself, you cannot be good to another. And we understand, of course, here

that good and goodness is God and godliness. So whatever you expect from another, let you first expect it from yourself because in so doing, like attracts like and becomes the law of attachment.

*The moment of which you
are consciously aware
is your eternal life.*

So whatever you are seeking, seek it inside first and you will not have to concern yourself with why you don't have it because of someone else. That is the great delusion, my friends. We judge how we are going to get where we want to get. And each of those judgments we must follow. God, the Infinite Intelligence, did not establish those mental judgments. Man established those mental laws, God impartially sustains them.

Whatever your thought, it is sustained by the power that sustains all life. You have the right of choice. God does not interfere. The Infinite Intelligence is a neutral, eternal, intelligent energy. Whatever you choose to do with it you by your very birth were granted that right. You and you alone will pay the price. You will enjoy or not enjoy the fruits of your harvest. But I assure you whatever has

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Davis records some observations concerning Jupiter and Saturn.

Views of Our Heavenly Home

by Andrew Jackson Davis

THE INHABITANTS OF THE EXTERIOR PLANETS

Continued from last issue—

Now imagine no very high mountains; no deep valleys; no rapid air-currents; no violence among the winds; in consequence of which, no rapid evaporation ever occurs. Then suppose no putrefactions; no cold and poisonous vapors; no stagnant pools of water, no undrained lands, no unventilated or neglected places between the two poles; no weeds, no flies, bugs, worms, snakes, fish, very few animals, and an abundance of floral vegetation, fruitful vines, and various trees filled with beautiful singing birds. This picture, crude as it is, is an outline of Saturn, and it is not very far from being correct of Jupiter.

If our warm Gulf Stream can convey between hundreds and thousands of miles of cold water and icebergs, fragments

of tropical vegetation, and fling them upon the bleak shores of Norway, what could not the entire Atlantic and Pacific oceans accomplish toward diffusing a tropical warmth and an Italian luxuriance of sky and atmosphere throughout the globe? Summer warmth would linger all winter in all our northern lakes, and also in the polar atmospheres, if it were not for the rapid loss of heat occasioned by our discordant and swift air currents. Violent winds very rapidly extract both warmth and moisture, and leave behind them electrical coldness and half-dead masses of fluids and solids.

Now I observe that all bodies of water on Saturn are warm, although the tides thereof are consistent with her axial rotation; and, with the
(continued page 26)

NEW ATTITUDES AND NEW EXPERIENCES

continued from page 7

already passed has passed. If you accept it as necessary steps in your evolution, which in truth it really is, then your change for the better moment of now, guaranteeing your better tomorrows, is within your grasp this instant.

There is no law that says you must suffer. There is no law of the universe that dictates you must do without the goodness of life. It is man's mental law that man is following. Here in this, The Living Light philosophy, we strive to accept a greater God, not one created by the minds of men, for anything created by the minds of men is limited by the minds of men. Let us in this moment expand our consciousness and accept our right to all the goodness that is here for us. We cannot experience it, my friends, until we accept it. What happens when your minds think of the possibility of accepting something greater? In the same moment of that thought rises the thought of judgment and all of the experiences of yesterday — how it's to come about. When we question "how," and when we question "why," we must then listen to the voice of the human mind. We must hear the echoes of our own uneducated ego with all of the

dictates of the limited experiences not only of our present earth life, but of all of those lives of evolution throughout the untold centuries.

This is the moment in which we can make the change

... unless you make the effort to be a good friend to yourself, then you cannot experience a friendly world, or friendly experiences in life.

that will affect for the greater good of our life, everything that lies ahead. When we take control of our mind, when we are at perfect peace in the dual tides of creation, when we accept that this too shall pass, for all things that are created, all things that are formed have birth, all things that are form have death. And so our thoughts have form and so they are born and they die. If they are born graciously and harmoniously, then they will die the same way, but if they are born in pain and struggle, then their death is guaranteed the same way.

If you accept all experience in life with an attitude of mind that it has come to me in keeping with laws I have set into motion, and by laws I am continuing to set in motion shall it pass from me. Hold not to form, my friends, for form

(continued page 24)

nnovation

*May we always remember
that the path to mediocrity*

*is strewn with petals of com-
promise.*

eading

*Each time that we com-
promise what we know is right
for expediency of the moment,
we destine ourselves to a
repetition of the same experi-
ence and fall deeper into the
hole of mediocrity. When
facing these situations, we
must ask ourselves why is it
seemingly easier to remain
quiet when we should speak,
to not "make waves," or to
accept second rate? The
answer is always the same —
fear. We fear someone else's
reaction, loss of friendship,
the inconvenience. The reason
that we fear these reactions to
our standing on principle is
that we have judged how
another will react, we have
judged the result. For in keep-
ing with the law of judgment,
whatever we judge will occur,
does occur.*

*Therefore, it is in our own
best interests, and for the
evolution of our soul, that
whenever we have an experi-
ence where we are faced with
compromising what we know
is right, that we pause and
allow our consciousness to rise
to the level of reason and truth
where no judgments exist.
When we do this, the fear and
judgment melt away—and we
are left standing on a rock of
principle, free of concern
about another's reaction. For
we have accepted the experi-
ence for what it is, just an
experience that is neither right
nor wrong, good nor bad. We
have gone beyond the experi-
ence to a level of objectivity
where judgment is not at
home and truth reigns
supreme.*

enediction

*May we never compromise
Thee, O God, for thou art*

the truth.

Today's View of Past Frontiers

FROM THE PEN OF AMERICAN SPIRITUALISTS

Article taken from CENTENNIAL BOOK OF MODERN SPIRITUALISM IN AMERICA

Dr. B. F. Austin: "Especially should we seek to build up such allowances with wise friends and helpers—both mortals and spirits—that the higher nature may always dominate the lower and with a developed spirituality, regulated thoughts, good environment and strong allies in both worlds, we may bid adieu to all fears of oppressive action on the part of others."

E. W. Sprague: "Since there are no miracles, it follows that there are no supernatural facts; therefore, all facts are natural facts. They become scientific facts the moment they are proved to be facts, therefore, if the giving of spirit messages is a truth, it is a natural one, and when proved true it becomes a scientific truth."

Harriet Beecher Stowe: "They have overcome, have risen, are crowned, glorified; but they still remain to us, our assistants, comforters, and in every hour of darkness their voice speaks to us."

Washington Irving: "What could be more consoling than the idea that the souls of those we once loved were permitted to return and watch over our welfare. I see nothing in it (Spiritualism) that is incompatible with the tender and merciful nature of our religion, or revolting to the wishes and affections of the heart."

Dr. J. M. Peebles: "The primitive Christians were religious Spiritualists. They often saw Jesus in visions, and in His name they healed the sick. Spiritualism, the complement of Christianity, sweetens the bitterest cup, helps bear the heaviest burden, and gathering up the kindly efforts we make in behalf of our fellow-men transfigures them with its brightness, ennobles them with its moral aureole of fadeless splendors. And further, by and through its holy ministries, we know that the grave is no prison house for the soul, but that live, progressive life is ours, eternal in the heavens."

NEWS and VIEWS

by Beverly Houser*

The Living Light philosophy teaches that acceptance heals both present and absent ones who are in need of help. The "acceptance" is of that light within us called Divine Intelligence, God, or good. A demonstration of this teaching being put into practice is described in a book entitled, *Healing by the Spirit* by Ivan Cooke.

Mr. Cooke describes the direct and absent spiritual healing taking place at White Eagle Lodge in England. There they have approximately 50 healers working in groups at centers which are reservoirs of spiritual power for healing. Services are held in chapels where patients are gradually relaxed and helped to become receptive to the healing power from God. This is followed by a group contact healing session in which patients receive a spiritual healing under vibrations of peace and silence.

Absentee healing is also practiced by the groups of healers who are trained to use thought power to project the light and healing power from

their souls. Working with spirit helpers, the entire group directs the healing power through the spoken word by repeating the patient's name several times. The name spoken is a vibration that goes out across the etheric space to the patient's soul, alerting it to receive the healing rays. Results are described in testimonies of people who, following absentee healing, were given strength and courage through a difficulty, felt a great calmness, an inner feeling of well-being, were able to decide to take their lives in hand, and even experienced physical improvements in their health.

Spiritual healing is the result when a healer acts as a bridge between the patient and the spirit so that peace, the healing power, pours through the healer to the soul of the patient. The more humble, gentle and loving the healer is, the purer a channel between the spirit and the healer. The healers are taught to purify the channel by self-purification, love of God, a willingness to serve, and cultivation of a tranquil state of mind. The Divine law of acceptance truly does heal both present and absent ones who are in need of help.

Yesterday is today
Because you
Made it that way.

Today is today

Make it a beautiful day
So tomorrow will
Be yesterday's today.

— *Beverly Houser*

LITTLE MAN

Little man, little man
How sad you make your life
How sad it is you do not view
That your life is only a reflection of you.

Little man, little man
Can you not see
That if you try to control others
They will only control thee?

That if you want respect from others
Then respect yourself you must
And if you want the goodness of life
Then in God you must put your trust?

Little man, little man
Why don't you believe
That whatever you want to be
Whatever you want to do
Is forever and always dependent upon you?

— *Beverly Houser*

The King sends Ahrinziman to conduct Al Zulid to the fortress.

The Strange Story *of*

by Anita Silvani

AHRINZIMAN

Continued from last issue—

I bowed low to the King, and having kissed the hand which he extended to me in token of my fidelity, I went forth to make my preparations.

A sharp ride of a few hours brought us to where a company of soldiers were encamped with their prisoner awaiting us, and I took over the command, sending the officer and his soldiers back to the city by order of the King.

It was already dark when I did so, and as the prisoner was much muffled up by a large cloak I did not take much notice of his appearance at the time. Scarcely had the other soldiers departed when a message was brought to me to ask if I would grant my prisoner the favor of a few minutes interview. Accordingly I repaired to the tent in which he was confined, and lifting the curtain aside from the doorway entered.

As the prisoner, a powerful man who was heavily ironed, stood up and advanced

to meet me I saw his face for the first time, and uttered an exclamation of surprise, for I recognized him at once as the man who had taken me to the herdsman's hut when I was an infant—the man above all others best able to solve for me the mystery of my birth.

"Thou art surprised," said he coolly, "so was I when I saw thee but now. I sent for thee because there is a matter of of much moment which I have to confide to thine ears, and also because I think when thou hast heard my narrative thou wilt feel that at least it should not be thy hand which conducts me to a captivity that I know but too well will end only with my death. Queen Artemisia and I are too old and too deadly enemies for her to spare me now, when fate has delivered me into her hands. I saw thee when thou arrived, and though thou art changed somewhat since thou wert a boy, thou bearest too close a resemblance, both in feature and in gesture, to thy

THE STRANGE STORY OF AHRINZIMAN

father for anyone to doubt thou art in truth his son."

"Thou dost speak of my father. I pray thee tell me who he was, for long have I desired to learn from whom I spring?"

"Didst thou then never guess whose son thou art?"

"No, save that I believe it was the man who came with thee to see me when I was a boy. He who gave me this chain," said I, drawing it forth to show him, "must have been my father. But if so why did he show so little care for me? Why did he come but that one time to see his son?"

"Dost thou not even yet guess who that man was, nor why he of all men dared not acknowledge his favorite child? Then must I tell thee, Ahrinziman, that thy father was this King of Persia who hath died so recently, and if thou wilt grant me the time I will tell thee his story and thine own, and thou shalt judge if the lot of Princes is ever one to be envied."

He then told me the history of my parents, and of the murder of my poor mother, much as it is related in the Prologue to this story of my life, and went on to say:

"It was impossible to find any proofs of Queen Artemisia's share in thy mother's death, but the King

had very little doubt in his own mind as to the hand which had dealt him this terrible blow, and when the Queen met him as he went to his own apartments from his beloved Cynthia's deathbed, he shrank from the caressing touch with which she sought to welcome his return, and dissemble her own feelings, as though some loathsome thing had touched him, for to his sight her hands seemed dyed red in the blood of his murdered Cynthia.

"His expression and his gesture were enough for the Queen. She drew back haughtily and turned away, and from that hour there was naught but a thinly veiled enmity between them. She could no longer hope to regain his love, and the dignity of her position forbade her quarreling openly with her husband, but she could and did embitter his life with the secret intrigues against him which she encouraged, and she was able to estrange the affections of his legitimate son, and make her child side with her on all occasions.

"As for Cynthia's child, the whole thoughts of the King were directed to finding some safe asylum where Queen Artemisia should never discover him, and it was

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Dictionary of The Living Light Philosophy



*D*ivine Right means the right that God has granted to us. It is our Divine Right to experience perfect health, perfect wealth and perfect happiness.

*F*ear is the expression of one's own rejections.

*H*eel. The heel represents the door to understanding, and one should keep it closed, otherwise it mixes with the understanding of others and man does not know himself.

*L*aw of Personal Responsibility — means that you and you alone as an eternal soul are responsible to God. You are not responsible to man, you are responsible to God. God knows our thoughts before we think them, and that responsibility is very

clear. When you experience things that are distasteful to you, remember it was your choice. God simply sustains that choice. It is His Love and His will of Total Consideration and Total Acceptance, but you alone have made the choice and only you alone can accept something better.

*P*rejudice. To be prejudiced simply means to prejudge any experience in life or one yet to happen. As we prejudge how our lives are going to be, we establish for ourselves the law of denial. It is our denials that make our destinies in life. And so we find ourselves destined to a constant repetition of certain experiences that we have judged are distasteful and not pleasing to us. We can never change those experiences until we first accept the law of personal responsibility.

THE STRANGE STORY OF AHRINZIMAN

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therefore given out to all that the child was dead, while in truth I myself took him, as thou dost know, to that worthy herdsman whose wife had nursed me a few years before. The King himself could not for a long time bear the thought of seeing thee, it revived so keenly that terrible grief for thy mother's loss, from which he ever strove to win oblivion. Not till I told him of thy visions, and how thou hadst surely seen her spirit, did he desire to behold her child. When he left thee it was with the full intention of arranging some plan whereby he could bring thee to live with him, without exposing thee to such a fate as had befallen thy mother. But he was suddenly called away to Egypt by an insurrection there, and we deemed it best for thee to send thee to the Temple, since that would at least afford thee a safe asylum.

"It had been thy father's thought to train thee to the profession of arms, and to keep thee near himself, but when difficulties of all kinds began to gather thickly around him, he took another thought, and decided to let thee follow thy desire of becoming a Prophet of the Temple. He had a hope that thereby he might

still be able to see much of thee, while the sacredness of thine office would give thee the strongest possible protection against any plots of the Queen, even should she learn of thine existence. Moreover thy father thought that the death of his beloved Cynthia was a judgment upon him for having taken unto himself one who had been dedicated to sacred things, and he thought to appease the offended Deity by giving to the service of the Temple her only son. Thine own desire seemed to point yet more strongly to this being the right course to follow.

"We were absent from Persia for some years, and when at last we returned the King's first care was to send me to the Temple of Amurath, to which he had caused thee to be sent, that I might inquire as to thy welfare. There I learnt that thou hadst struck down on the High Priests and fled. Search had been made for thee and thou hadst been traced to a shepherd's tent, where thou hadst given two links of a gold chain (which I well knew to have been given thee by the King) for food and clothes. Thou wert followed in thy flight to a precipice, over which it was believed that thou hadst fallen, since those who pursued thee beheld thy

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What may be said concerning the reputation of Jesus?

THE
P E N E T R A L I A

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

Continued from last issue—

by Andrew Jackson Davis

QUESTIONS ON THE MARTYRDOM OF JESUS

Shall we say that this reputation became a misfortune?

We love to have miracles wrought *for the single glorious purpose of benefiting suffering humanity*. And we love to contemplate Joshua in this unselfish work; a motive which alone actuated his first efforts. After a while, however, we behold him working, so to speak, for his reputation. "That ye may know," he says (Matt. ix. 6), "that the son of man hath power on earth to forgive sins"—then he healed the sick of the palsy! His miracles, instead of serving the good of the suffering merely, were appealed to by him and others as *proof positive* of his divine commission. (See John x.37; xi. 15; xv. 2, &c.)

Jesus had extraordinary power; was that power limited?

"Command these stones to become bread," said the spir-

itual skeptics. Did he give them a sign? The populace did not believe in physical manifestations. They required evidence. "If thou be king of the Jews, save thyself." He was nailed to the cross, and had the reputation of being both a medium and a god. But could he draw a nail? Could he descend from the cross by any supernatural means? If so, why not? All that the people asked for was—"evidence." Strange history! a table never moved, a chair never trembled, water never became wine, when the skeptics asked for a manifestation. No! but the wonders were wrought when the *Professor Faradays*, and the *President Mahans*, and the *savans*, of those days—were not prepared to detect the methods of deception. Joshua was said to be almighty. *Yet the success of his might was* (continued page 40)

THE STRANGE STORY OF AHRINZIMAN

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white robes, and, as it seemed, thyself, lying upon the rocks. It was impossible to recover thy body, so the attempts to do so had to be abandoned, and the Priests, believing that the vengeance of the Gods had overtaken thee, forbore to make further search.

"The King and I mourned thee as one dead, until a few weeks before thy father's death, when a strange rumor reached us concerning one named Ahrinziman, who was in attendance upon the Prince of Persia, and who had shown great medical skill, being also thought to execute many of his cures by the aid of certain gifts of divination which he possessed.

"We had heard of the wonderful cure wrought upon Prince Selim by thee, but thy name was not mentioned till one came from the camp who knew thee well, and his description of thee, and of the name thou wert known under, caused to thy father the greatest agitation. He decided to recall his son immediately, in order that thou mightest accompany him. Then he heard that thou hadst left the camp and returned to thine home for a season, and it had been arranged that I should seek thee out, when the King

was seized by his sudden and fatal illness: an illness of whose cause, methinks, I could find another explanation than that which the learned men around the patient gave."

Al Zulid paused, overcome by his emotion, and then continued: "Shortly before his death thy father, who called repeatedly upon the name of his lost son, sent for me and for a scribe, and in my presence and that of the Vizier dictated a decree by which he left the kingdom unto thee, his son Ahrinziman, should it be proved that thou wert still living. For he believed that were it to pass to the Prince of Persia it would be equivalent to leaving it to the Queen, since her son is entirely under her influence and governance, and El Jazid did not consider it would be well for Persia that Queen Artemisia should in effect reign over it through her son. In the event of my finding that thou wert really dead the kingdom was left unto a third son, who like thyself was his illegitimate offspring. To the son of Artemisia thy father left wealth sufficient for all his needs, even on the most Princely scale. He left him one of his principal Palaces and much treasure, but the government of his Kingdom he desired should pass into other

(continued page 21)

Do not indiscriminately open the doors of your psychic self.

A Guide to Mediumship

and psychical unfoldment

E. W. & M. H. Wallis

CHAPTER IV.

PRACTICAL ADVICE TO SENSITIVES

Continued from last issue—

A Few Words of Warning.

Do not go into public promiscuous 'developing circles.' There is always a danger of 'cross magnetism' and disorderly manifestations in such gatherings. Owing to the mixed and inharmonious mental, moral, and psychical conditions which necessarily exist where a number of strangers and curiosity-seekers are attracted, you run the risk of being affected by undeveloped, unprincipled, frivolous, mercenary, self-assertive, or even immoral spirits, who being attracted to such assemblies seek to influence incautious and susceptible people who ignorantly render themselves liable to their control. The people 'on the other side' are human beings of all grades; they are not morally purified by passing through the death-change; and as we

are constantly sending into the other state 'all sort and conditions of people' you need not be at all surprised if you get into intercourse with the vain and foolish, the unreliable and pretentious, or the selfish and sinful, if you indiscriminately open the doors of your psychic self and give a free invitation to any spirit 'passer-by.'

'You can waste your time, you can sit in circles, absorb all kinds of psychological influences, exhaust your own, and in many cases become so filled up with contending influences that you are in a state of psychological fever all the time, or so exhaust yourself that you will become as limp and useless as a rag. This is not the way to use the opportunities you have; and you should avoid the injudicious, promiscuous, and insane methods of development of many who are

(continued page 28)

THE STRANGE STORY OF AHRINZIMAN

continued from page 19

hands than those of Artemisia and her son.

"For sight of thee Ahrinziman, he ever mourned, and when he heard of the great military powers thou hadst displayed, and of thy popularity with the army, he felt that wert thou indeed his son thou wert only justifying the opinion he had formed of thy character from that one interview he had with thee, and that thou wouldst make a successor to himself under whom Persia would increase in her greatness.

"As for himself, Ahrinziman, he ever labored as one from whose life the zest had fled, and whose heart was ever a prey to an abiding sorrow, which sapt at its roots the seed of ambition, and rendered as dead sea fruit all the triumphs, all the conquests, that he attained. Thus the promise with which his reign began

was never fulfilled, and he acquired a character of weakness which was due rather to listless indifference to the struggles for power of those around him."

As I looked at Ben Al Zulid I felt that he spoke the truth, and it did not require much knowledge of mankind to convince me that the nature of the man before me was essentially an honest one. Had even gratitude to him for his care of my boyhood not influenced me, I should still have felt a reluctance to sharing in consigning him to captivity, and I was greatly agitated, not alone at what he had told me of my parents but at the strange chance which had placed him in my power. My duty to the King who had trusted me was clear, but did I not owe some duty to this man also? Could I hand him over to the certainty of captivity and death?

(continued next issue)

*Oh God
Grant to me
The peace that
Stills my mind
That I may be
Ever free
To serve Thee.*

—Beverly Houser

How must man's spiritual nature be harmoniously developed?

iscourses

from

The Spirit World

Dictated by Stephen Olin through Rev. R. P. Wilson, 1853

Continued from last issue

Another obstacle which retards the human family in their spiritual progression, is *the general prevalence of formal teaching*. Mankind are taught that they must perform certain rites and ceremonies, or incur the divine displeasure. Even a *particular form* is insisted upon as essential to spiritual growth and enjoyment. Thus the churches are *material* in their ideas, both of the *nature* of the Spirit's development, and of the *use* to which it is to be applied. It is more, in their eyes, to avert the supposed wrath of God, than to unfold in his all-embracing love. It is, indeed, a lamentable sight to behold from the Spirit-world such humiliating views of *educated* and otherwise intelligent human beings—to see reasonable men entertaining the erroneous ideas, that the Universal Good, and Father of all men, is wrathful toward

his undeveloped children, and that his anger may be turned away by such vain oblations!

But how must the "kingdom of God," or man's spiritual nature, be harmoniously or naturally developed? To accomplish this very desirable work, the time of commencement is childhood. Indeed, children should receive their *first* impetus to development in the sphere of spiritual love; in this element they should continue to grow, until the expanding mind emerges into the spiritual light of its own nature. Children should be early taught that the elements of advancement are concealed within. Every child should know that it has a spiritual nature—that this nature is *natural*—that in its cultivation no *fear* or *shame* should be indulged. They should be taught in such a manner that their nature would be *attracted* into a joyful perception of these soul-expand-

DISCOURSES FROM THE SPIRIT-WORLD

ing truths. And as childhood is the most susceptible part of existence, it should receive no unfavorable impressions of its own nature, or jealous surmisings concerning others; and above all, the true character of God should be unfolded to the receiving mind. With right direction and a correct education, the child will drink in eternal truth from all surrounding nature. The blooming flowers, the purling stream, the aerial songsters, and the towering mountain, all speak in the voice of love, and in accents of kindness to the young heart. Nature will speak through her ten thousand avenues in tones of truth to the aspiring mind. And in order that harmony may produce its refining influences, the *teaching* imparted to the young immortal should accord with the responsive echo that comes up from all natural objects. The atmosphere of the family circle should be spiritual—loving—gentle. The celestial music of affection should vibrate the chords of every heart, and move to action every impulse of the soul. The spiritual nature must be *educated*. It must be subjected to proper discipline. To secure

a correct education, *all the agencies calculated to develop the Spirit should be induced to exert their unfolding influence*. Truths and principles should continually be presented to the mind, until their influence reaches into the depths of the Spiritnature, and meets with a responsive voice from its own aspirations. Thus, in childhood, the divine life will exert its benign influence in unfolding the spiritual and immortal powers—preparing the soul on earth for elevated mansions in the Father's house above.

But *what* principles should children—and all others—be taught? 1. Impress upon the mind the importance and desirableness of the Love Principle. Teach it that love should extend out and embrace the whole race of man—man in all conditions—as the object of the fostering care of the Universal Father. As He loves, so should we imitate Him, in the unlimited expansion of Fraternal Love. And still onward into the realms of the unbounded universe, should the Spirit's all-embracing faculties extend—grasping the all of existence, even where finite thought has never traveled.

(continued next issue)

NEW ATTITUDES AND NEW EXPERIENCES

continued from page 9

shall pass. It is our attachment, our mental attachment to the forms of creation that is our true suffering. Whatever it is that you have, remember it has come to you to serve a

*... whatever you are seeking,
seek it inside first and you
will not have to concern
yourself with why you don't
have it because of
someone else.*

purpose. If it is not serving a good purpose in your life, then it is time that you let it go. If you hold on to it, then

*It is our attachment, our
mental attachment to the
forms of creation that is our
true suffering.*

you suffer with its passing for the law of change is the demonstrable law of evolution. And it is through repetition that change is made possible.

Look at your life's experiences and you will see the repetition of certain attitudes of mind. You will see the repetition of certain experiences. But in that repetition, the change is being made possible for you. For sooner or later when we have the repeated experiences that we find not to be pleasant or beneficial to us, sooner or

*... accept all experience
in life with an attitude of
mind that it has come to me
in keeping with laws I have set
into motion, and by laws I am
continuing to set in motion
shall it pass from me.*

later, we get weary of them. And whenever we get weary of anything, be it a thought or anything else, we begin to make the change for it to go.

So when we have had enough of what we don't like, we will begin to accept what we do like, no matter what it takes.

ENCOURAGEMENT

Seekers of the Light,
Be you of Good Cheer!
When things seem most discouraging
A Victory is near!

—Hilda D. Gibson



DIVINE HEALING PRAYER

I accept that the Divine Healing Power
Is removing all obstructions
From my mind and body
And is restoring me to perfect
Health, wealth and happiness.
My heart is filled with gratitude
For the Divine Law of Acceptance
That is healing both present and absent ones
Who are in need of help.
Peace, the power that healeth,
Is guiding my thoughts, acts and deeds,
As God and I go hand in hand
Living a life of joyful abundance.



VIEWS OF OUR HEAVENLY HOME

continued from page 8

exception of one vast ocean north of her equator, the same remark is true also of Jupiter. And all this is true, and much more of far greater interest; because of certain solar, and planetary, and motional influences, which I have either hinted at or generally explained.

All this digression seemed indispensable to a just understanding of what is to follow. We will now resume our subject: The high-minded inhabitants of the exterior planets.

It has already been shown that the internal of the outer world is a spiritual world. In Jupiter and Saturn this reality is an every-day observation and experience. The people there, owing to their exceeding refinement, purity and interiority, are in constant fellowship with what we erroneously term "spirits," i. e., with individuals who were once in physical bodies, and who, by the triumphal gateway of death, have entered upon their celestial pilgrimage. The atmospheric rarefactions are perfect and most delightful to this end; by which the most interior breathing is universally experi-

enced. And the social elements and enjoyments are as high and harmonious as they are in many portions of the solar-system side of the Second Sphere. A soft, hazy, magnetic atmosphere, like that of the fairest Italian skies, and something remotely like our golden October, covers the landscape with an unutterable loveliness. But, seen internally, with clairvoyant eyes, all this is a thousand fold more lovely and attractive.

And now, for the first time, I have acquired knowledge of the verity that there is a spiritual population upon Jupiter and Saturn consociating and harmoniously intermingling with the almost spiritual, yet natural, inhabitants thereof. And here let it be recorded that a similar consociation will, in the future good time coming, be an actual experience on earth. But this is a prospect hardly comprehensible by our thoroughly materialistic and now exceedingly skeptical humanity.

It is but recently that I discovered that the orbits of these triune worlds pass through the heavens *over* the northern edge of the spiritual zone.

(continued next issue)



Spiritual Healing

*by Miriam Bostwick**

Health is the greatest wealth man can experience. It is also the divine birthright of all, whether they be human, animal or plant. Perfect health is a natural state. Imperfect health or disease is an unnatural state, and it cannot be dismissed as simply due to the aging process, or some other justification. For ill health occurs only when the mind, through ignorance of natural laws, is broadcasting negative or discordant thoughts. Then, instead of the energy being directed upwards toward God, the energy goes out into the universe, attracting like kind, only to return the negative to us. Such negativity and denial of God as the power supreme in the universe, over the authority and dictates of our mind, will in time adversely affect our bodies. We must free ourselves from the constant judgments of how things shall be for both ourselves and for others. When our minds stop trying to play God, we will then begin to

accept the right of all expression.

If we experience pain, there is a tendency for the mind to place its attention upon the pain. And, as energy follows attention, the pain increases. The Living Light teaches us to place our minds upon what we want to become, not upon what we want to overcome. We may redirect that energy, when we are locked into an illness, by becoming involved in selfless service, service free of ego gains and glory. We may also consider expressing our soul talents however simple they may be — sewing, knitting, playing a musical instrument, writing, painting, cooking or gardening. These are talents we have earned in prior expressions.

We must learn to make greater effort to be at peace, for peace is the power of God that brings harmony, and harmony, of course, is the law of health.

A GUIDE TO MEDIUMSHIP

continued from page 20

extremely anxious to develop you as a medium, and who often bring discredit upon the subject of mediumship, and do no one the slightest practical good—not even themselves.

We admit that the motives of those who conduct public promiscuous developing circles are good in most cases, but their methods are frequently 'injudicious'—to put it mildly.

Under ordinary circumstances, your own pure purpose and the spirits who are in sympathy with your exalted desires and intentions, are

sufficient safeguards against the intrusion of low, mischievous or malicious spirits, but you should not venture into conditions which require the trained and disciplined will, and the influence of wise and powerful spirits to protect you against danger, until you have acquired the ability to render yourself positive to the psychic spheres of undesirable people, both in and out of the form, and can voluntarily become negative and responsive to the true and trustworthy friends whom you know and love.

CHAPTER V.

PRACTICAL ADVICE TO SENSITIVES—Continued.

The importance of mediumship can hardly be exaggerated, for, without it, there could be no evidence of the survival, identity, and progressive evolution of those who have shuffled off the 'muddy vesture of decay,' their physical bodies.—B.G.E.

The action of the controlling spirit is exactly analogous to what is known among you as mesmeric control. The spirit, whether in or out of the body, operates on another

spirit in the same way. The controlling spirit affects the controlled by mesmeric power, and the shiverings are caused by the passage of the influence from the controlling to the controlled. When you know more of the action of all the forces which are operating round and in you, you will see that they are far simpler than you fancy; and that what we describe as will power is at the root of everything — 'Imperator,' through 'M. A. (Oxon).'

(continued next issue)

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A WANDERER IN THE SPIRIT LANDS

continued from page 4

the planet, and too coarse to escape from the attraction of the planet's mass and pass into the spheres of the spirit world to form either matter in the course of disintegration or change from one form to another, and it is only the vitalizing power of such soul magnetism as it retains which enables it to cling together in any shape at all.

"In the case of human astral forms which have possessed individualized life as a soul's envelope, the astral atoms have absorbed a greater or less degree of the soul's magnetism, or true life essence, according as the earthly existence of the soul has been good or evil, elevated or degraded, and this soul magnetism animates it for a longer or shorter period, and forms a link between it and the soul which has animated it. In the case of a soul whose desires are all for higher things, the link is soon severed and the astral envelope soon decays, while with a soul of evil desires the tie may last for centuries and chain the soul to earth, making it in fact earth-bound. In some cases the astral of a soul of very evil life will have absorbed the lower or higher spheres. Astral matter is practically so much

of the soul's vitality that after the soul itself has sunk into the lowest sphere of all, the empty shell will still float about the earth like a fading image of its departed owner. Such are sometimes seen by clairvoyants hanging about the places where they once lived, and are truly 'spooks.' They have no intelligence of their own, since the soul has fled, and they can neither influence mediums nor move tables, nor do any other thing except as mechanical agents of some higher intelligence, whether that intelligence be good or evil.

"The astral before us now has no soul magnetism in it; it never possessed any, therefore it will soon decay and its atoms be absorbed by others. But see to what use it can be turned when acted upon by my will power and animated for the time being by my individuality."

I looked as he spoke and saw the astral doll become suddenly animated and intelligent, and then glide to one of the Brotherhood whom Hassein had selected and touch him upon the shoulder, seeming to say, "Friend, Hassein Bey salutes you." Then, bowing to the amused and wondering brother, it glided back to us as though

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Serenity Students

by Howard Lazar*

The Living Light Philosophy reveals, "God in all humility granted man the right to deny him." We have been granted the right to either be grateful for what we have or ungrateful for what we do not have—the latter being a mental delusion. In truth, we have all that we "need." Our gratitude is ever in keeping with the amount of our awareness in relation to the amount of the delusion.

Our attitudes — our views of ourselves and the world—reveal either gratitude or need. An artist paints a scene and

learns that his subject will be altered by a bulldozer tomorrow: he has the choice to be grateful he arrived in time to record it, or to lament its passing. We may be inconvenienced by the rain, or we may be grateful for its reception by the crops. Our cup may be half-full, or it may be half-empty.

Our health, wealth, and happiness are directly affected by these feelings of abundance or those of emptiness. God, the Divine Neutral Intelligence, will sustain both. God will sustain our choice.

*When of my God I seek to know
The purpose of my life,
The answer comes,
The pain to grow
And willingness to strife.*

*Editor's Note—The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.**

A WANDERER IN THE SPIRIT LANDS

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Hassein had held it by a string like a performing monkey.

"Now you see," he said, "how if I chose I might use this astral as a messenger to execute some work I wished done at a distance from myself, and you will understand one of the means made use of by the old magicians to carry out some work at a great distance from themselves and without their appearing to take any share in it. These astrals, however, are only capable of being made use of upon the astral plane. They could not move any material object, although they would be visible to material sight at the will of the mortal using them. There are other astrals more material in substance who could be used to penetrate into the earth itself and to bring forth its hidden treasures, the precious metals and the gems deeply buried from the eyes of men. It would not, however, be lawful or right for me to explain to you the power by which this could be done, and those magicians who have discovered and made use of such powers have sooner or later fallen victims to those powers they could summon to their aid but rarely continue to control."

"Then were this astral to

become animated by an evil intelligence it would be an actual danger to man?" I said.

"Yes, without doubt it might; and you will also observe that although I should not care to descend to clothe myself in this astral form, yet a spirit more ignorant than myself could easily do so in order to make himself felt and seen upon the earth in a more palpable form than possible to any spirit who has left the earth plane; but in doing so he would run a danger of creating a link between himself and the astral envelope not easily broken, and which might thus tie him to the astral planet for a considerable time. You will, therefore, see how the idea has arisen that men on earth, in seeking to see their departed friends, draw the spirits back into earthly conditions and do them harm. Many an ignorant spirit who is good and pure himself, has committed the mistake of reclothing himself in one of these fresh astral shells when he would have turned away from those which he knew to have been left by another spirit, and has found to his cost that he has thereby made of himself a prisoner upon the earth plane, till a higher intelligence comes to his aid and releases him.

"In a like manner spirits of

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In Our Thoughts

Brother
Bubba
Edmond Carrillo
Carlos Soto Esparza
Francis M. Gelardi, Jr.
Isa Goodwin
Jonquil

Erick Othberg
Richardo Lopez Roldan
Snowflake
Arthur Sosa
Britta Uppstrom
Esther Yavneh

*To send a helpful thought of joy and light to those you love
who have passed to the higher life, list their names in this column.
Donation of one dollar per name is requested.*

A WANDERER IN THE SPIRIT LANDS

continued from page 32

a low type can clothe themselves in these empty astral garments, but in their case the very grossness of the spirit (or soul) prevents them from retaining possession long, the dense magnetism of the low spirit's own body acting as a strong noxious vapor or gas would do upon a covering made, say, of a spider's web of fine gossamer, and rending it into a thousand pieces. To a spirit above the astral plane an astral envelope appears almost as solid as iron, but to one below it these fragile shells are like a cloud or vapor. The lower the soul the stronger is its envelope and the more firmly does it hold the soul, limiting its powers and preventing it from rising into a more advanced sphere."

"You mean, then, that spirits sometimes use these astral shells as they do earthly mediums, and either control them independently or actually enter into the form?"

"Yes, certainly. A spirit above the earth plane, anxious to show himself to a clairvoyant of the lowest or first degree of power, will sometimes enter one of these shells which he at once stamps with his identity, and in that way the clairvoyant will truly see and describe him. The danger

lies in the fact that when the good spirit of limited knowledge seeks to leave again the astral shell, he finds he cannot do so; he has animated it and its strong life holds him prisoner, and it is often difficult to release him. In a similar manner the too complete, too long continued control of an earthly medium by a spirit, has been found to create a link between them which becomes at last a chain. To a spirit of the lowest spheres an astral envelope is but a convenient, all too evanescent cloak with which to hide his own degraded spirit body, and thus impose upon clairvoyants unable to see the vile spirit underneath; but to a good and pure spirit the astral envelope is as a suit of iron capable of imprisoning him."

"Then in the case of what are called personations by one spirit of another at seances upon earth, are these astrals made use of?"

"Very often they are, where the mischief-making spirit is of too low a type himself to come into direct contact with the medium. You must know by this time how wonderfully the thoughts of mortal men and women are mirrored upon the atmosphere of the astral plane, and as pictures they can be read

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Children's Corner



When man is in the brain many problems will come his or her way, beacus they were probally makeing judgements. If man was out of the brain peace and harmoney will come his or her way.

Jon Chillas, Age 12

When you say your greatful and you have graditude it is real. But when you say your greatful and your not it is not graditude.

Lisa Toquinto, Age 10 1/2

When I'm in rejection, the energy that I spend on it is a waste, instead I can spend it on God. When I'm in rejection I feel bad so I try to give it to God and that's what I think is good.

Michael Field, Age 8

God is peace, harmony and is good for everyone. If you are in peace and harmony your soul rises.

Jaye Chillas, Age 13

Red is action and healing

Yellow is wisdom.

Pink is love.

Gold is wisdom

I like Red because its a bright color and it reminds me of God.

Bonnie, Age 8

When you give and you don't except anything back your truly giving. But if you give someone something and you expect something back thats not giving.

Lisa Toquinto, Age 10 1/2

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.—Editor

A WANDERER IN THE SPIRIT LANDS

continued from page 34

and answered by spirits possessing the knowledge of how to read them. All spirits have not the power, just as all men and women on earth are not able to read a newspaper or a letter. It requires intellect and education with us as with those on earth. The spirits, then, of which men should most beware are not so much the poor ignorant half developed spirits of the earth plane and lower spheres, whose degraded lives have made them what they are and who are often glad of a helping hand to raise them, but it is of the intellectually evil, those who have great powers alike of mind and body and who have only used them for wrong purposes. These are the real dangers to guard against, and it is only by the increase of knowledge amongst the mediums incarnated in the earthly body that it will be successfully done, for then mortals and spirit workers will labor in unison, and mutually protect the spiritual move-

ment from fraud and from the mistakes of the well meaning but half-ignorant spirits and mortals who are doing good work in directing the attention of mankind to the matter, but who often do harm both to themselves and others. They are like ignorant chemists and liable to bring destruction and harm upon others as well as on themselves in their experiments in search of knowledge."

"You do not think, then, that the purity of their motives will suffice to protect them?"

"Would purity of motive save a child from being burnt if it thrust its hands into a blazing furnace? No! then the only way is to keep the child as far from the fire as possible. This good and wise spirit guardians do in a great measure, but if the children are continually hovering near the danger, and try at all sorts of odd times and fashions to get just another peep at the dangerous thing, it is impossible but that some of them will get scorched."

(continued next issue)

*When of my God I seek to know
The purpose of my life,
The answer comes,
The pain to grow
And willingness to strife.*

—The Wise One

Constructive thought alone can redeem and save the world.

The Blue Island

EXPERIENCES OF A NEW ARRIVAL BEYOND THE VEIL

Communicated by W. T. Stead

Recorded by Pardoe Woodman & Estelle Stead

CHAPTER VI.—INTIMATE LIFE (continued)

Continued from last issue—

To a great extent the individual hardships of earth life are directly due to wrong thinking. I am fully aware that people are placed in many different positions right from birth. Some inherit unhappiness and difficulty from their parents, and their lot in life is harder and their pleasures are less than in the lives of those who are born in better conditions.

Accepting these differences of position and condition—one man a life of much hard work, another a comfortable and perhaps rather idle life—the same rule of thought applies. The man who has grown up under hard conditions is by circumstances forced into a groove of thought—a regular rut. He cannot help himself because there are no real attempts made by any to change his outlook; he

may meet with material help from time to time, but he meets with little *practical* mental assistance. He is under the disadvantage of his lifelong earth conditions, and is in ignorance because he does not understand and has little opportunity for learning about these things; by his thought he adds to his difficulties instead of easing and finally removing many of them. The other man, who is comfortably settled and has no particular worries, does precisely the same thing. He trudges along in the same mental rut—stagnation, *mental stagnation*, and the same results will fall to them both hereafter. They are both building up their future states.

Then there are people of keen intelligence, clever people, who use their brains to achieve material gain no matter the cost to others. These people are indulging in

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FABLES for young and old

THE THIEF & THE DOG

A Thief had gone to rob a house, but a wide-awake Dog who lived there started to bark at him. The Thief thought he could stop the barking by tossing the Dog a piece of bread, but the Dog made more noise than before.

"Thief," he said between barks, "I am going to keep this barking up just as long as you

stay here. When I first saw you I thought I didn't like your looks, but when you, a perfect stranger, start to throw me food for no good reason, then I was sure that you are here for mischief and I am not going to be quiet about it."

The Point: *People who seem too eager to be friendly should be watched with care.*



*When of thyself thou thinkest most,
thine heart is closed to angel host.*

* * * * *

A sane man finds joy in a home of reason.

* * * * *

*Truth expands the self, fear contracts it.
So broaden your horizons and ever be the pea
and not the pod, the seed and not the sod,
the joy and not the bliss,
the light and not the mist.*

—The Wise One

The Living Light



This book contains the fundamentals of THE LIVING LIGHT philosophy, a demonstrable spiritual psychology based on the wisdom gleaned through centuries of experiences by the spirit teacher who is known simply as The Old Man. This highly illumined soul shares with us his understanding of the universal laws of life, which applied, enable us to consciously control our everyday living experiences.

THE LIVING LIGHT book is a compilation of discourses originally given to a small spiritual unfoldment class conducted by Richard P. Goodwin.

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THE PENETRALIA

continued from page 18

conditional. "He did not many wonderful works, *because of their unbelief.*" We marvel that man could limit thus the ways of God. Upon rational laws, however, all is quickly explained.

Is truth aided when we confound persons with principles?

Nothing is more unfortunate. The universal deification of local *persons*, and the consequent co-extensive obscuration of general Principles, is a familiar phenomenon in the religious world. Perhaps it should be described and deplored as a reptilian error, gnawing perpetually at the heart of man's native religion—as an invidious serpent crawling about in the garden of his soul, ever tempting the higher sentiments to substitute persons for principles—inducing the spirit to worship empty creeds and godless ceremonies, as if these were the *summum bonum* of all saving righteousness.

Should we hold Jesus responsible for the shortcomings and mistakes of his pro-

fessed followers?

No true harmonial philosopher, no rational modern spiritualist, will ever hold Jesus responsible for the innumerable absurdities of many who claim him as "Master." The holy principles of that spiritual religion which was *patented* by the bench of Bishops under Constantine and labelled "Christian" by later and lesser authorities, would be transcendently effulgent and magnetically attractive, could it be but safely exhumed from the popular cemetery of ghostly creeds. Well-meaning clergymen there are in abundance who walk through the streets of their profession, with step attuned to mournful measure, dressed in garments of grief, as if unexpectedly bereft of some world-wide benefactor. Alas! it is too true. They have destroyed their best friend. It is the departure of Nature's own religion. *The Christ-principle of universal Love* has been sepulchred beneath a solemn outward hero-worship of the Martyr of Calvary.

"All hail the power of Jesus' name,
Let angels prostrate fall;
Bring forth the royal diadem,
And crown him lord of all!"

SAYINGS FROM THE LIVING LIGHT PHILOSOPHY

Ofttimes NO is God's direction.

* * * * *

*In all your getting, get understanding.
In all your giving, give wisdom.*

* * * * *

*He who questions bears the direct responsibility
of the child he has created.*

* * * * *

That that we have no value for, we guarantee to lose.

* * * * *

Man's loss of God is dependent upon his purity of motive.

* * * * *

*He who questions God refuses God, and
he who accepts God reveals God.*

* * * * *

*It is better to have no shoes and have understanding,
than to have shoes and return with them to the elements.*

* * * * *

*Self will is like a snake, it steals the lesser light.
Free will is like a lion, king of the jungle within.*

* * * * *

THE BLUE ISLAND

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the most positive form of destructive thought. They are not like the other two, negative. They are very alive, alert and positive. They are at once using destructive and constructive thought. The latter is entirely misapplied, and when they come here the account against them will be much heavier, because they will have built up a wall of greedy thought which they themselves have originally sent out and which they must settle in this next condition.

A thought—no matter the heading it comes under—that has come into your mind and which you have sent out, is an accomplished thing so far as your *mind* goes. Your physical act may or may not keep swift accompaniment with the thought; that does not matter from the point of view of what you are building up for yourself *here*. Once having had this thought it is *done*, so far as your mind is concerned, and, whether you follow it up actively or not, you have to make repayment for it when you come here. I am not

speaking about the thousand trivial thoughts of every hour, but about those which I might describe as having personality.

You will say it is impossible to control every thought of the day, and I agree that it is, but if once you accepted for fact what I have said, you would keep a sharp eye on your mental actions. They matter. You will find this very difficult to accept because it is indeed an intimate thing for each one; you do not know each other's thoughts whilst upon earth, therefore I have headed this chapter, "Intimate Life."

Each of you will live to thank the person who is responsible for giving you this information if you act upon it, and those of you who hear and know but do not act upon the knowledge, will have one day to cast reproaches upon yourselves for this failure.

To realize oneself that one has failed is far more bitter than the consciousness that others know it.

Think upon this and reason a little with your own inner self.

CHAPTER VII — FIRST ATTEMPTS

Leaving the question of

time out of it entirely, as I



humor is the salvation of the soul



The new minister's family was presented with a pie baked by a member of the congregation who was a rather poor cook.

The pie was inedible, so the minister's wife reluctantly threw it in the garbage.

The preacher was faced with the problem of thanking the lady, while at the same time being truthful.

After much thought, he sent the following note:

"Dear Mrs. Jones: Thank you for being so kind and thoughtful. I can assure you that pies like yours never last long at our house!"

—Movers News

Living Light Philosophy: Truth is individually perceived.



SERENITY EVENTS

HOLIDAY HARVEST BAZAAR: NOVEMBER 18, 1978

Don't miss Serenity's Eighth Annual Holiday Harvest Bazaar on Saturday, November 18 from 10 a.m. to 6 p.m. at the American Legion Log Cabin, Memorial Park, San Anselmo. An around-the-clock Lasagne dinner will be served. There will be many handcrafted items including afghans, pot holders, Serenity's unusual planters and trivets fashioned of exquisitely patterned imported tile, hand painted china, and, of course, the completely washable Raggedy Ann and Andy dolls made by the Ladies' Guild. In addition, there will be a wide variety of gift items, festive baked goods and Serenity fudge. Do plan to attend and make this your one-stop Christmas shopping trip, have dinner and much fun.

THE BLUE ISLAND

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must, I want to write of my first attempt to communicate with the earth world. I know there is much dissatisfaction with the spirit world on account of the practical impossibility to give correct ideas of time spacing. I should like to say a little about that before going into the main interest of today's writing. You must not be over hasty in condemning us for this failure. On earth you all space your time by days and hours, etc., but those spacings are also based, or perhaps more definitely marked in your mental reckoning, by the habits of the day. You have always taken certain things at certain hours. You have a light sky and a dark sky; without a watch you know fairly accurately the time of day by your inclinations — fatigue or freshness, the need for food or rest, etc. etc.

Now on this side of the grave we have no real necessity for rest or for food. We have no dark sky—only a light one, and we have, for the sake of the present illustration, an unlimited supply of energy. Consequently we are not able to break up the time into spaces which correspond with earth spacings. We do break up our time, but it is not *your* break-

ing, therefore we can seldom be accurate in telling when a thing did, or when a thing will happen. For that reason I am not able to tell how long I had been in this country before I made my first attempt to link up with earth again. To me I seem to have lived in this land always. It appeared incredible to me that it could be only a few days since I arrived. I had not forgotten my family or my friends, but I felt peculiarly happy about them. I cannot think why, except that finding my earth knowledge so very correct I gathered strength in feeling that they too would understand everything was quite well with me, and that this little delay in writing was natural considering the new country I had come to.

The house which is given over to this work in the Blue Island had been a regular haunting-place of mine ever since my father had told me of it, together with the works of the other buildings. I went to this house a great deal, and received much help from the various people in charge. They were all kind and very sympathetic, but entirely business-like. It was not merely a house of tears and sympathy, it was an amazingly well organized and businesslike place.

(continued next issue)

